

A Guide for Family & Friends:

Delirium is when a person suddenly gets really confused when they are sick. They may not be able to think clearly, follow a conversation, or remember things.

Delirium

Have you noticed a sudden change in your family member? Think about how they were before getting sick. Consider things like ...

**How can I help ?
I can ...**

How can I tell if my family member has delirium? They might ...



Did they have trouble taking their pills properly?



Could they make a meal by themselves?



Did they need help bathing or showering?



Did they need help walking?



Did they have any memory problems? Have you ever been told they have dementia? Do they need to take medicine to help their memory?



Have they ever been confused like this before when they were sick or in the hospital?



Gently remind them they are in the hospital and why they are here.



Give them more time to answer questions. Sometimes a person's thinking becomes slower.



Reassure them that they are loved and safe.



Bring a calendar and a clock. Give gentle reminders of the date and time.



Bring in familiar items from home, like a photo album.



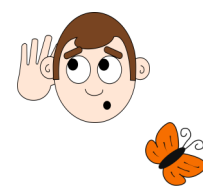
Mix up where they are, or why they are at the hospital. Be more forgetful than usual.



Have trouble following a conversation. Say things that do not make sense.



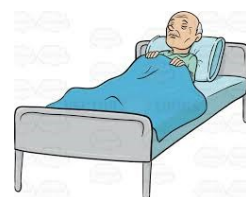
Mix up day and night. They may sleep during the day and be awake and restless at night.



Seem to hear or see things that aren't really there. (hallucinations).



Drift between asleep and awake.



Be restless, try to climb out of bed, or constantly pick at their blankets or tubes.

If you think your family member has delirium, please let a nurse or doctor know.